


MBR


Gradd	du/caled
Pellter	18.4 km
Amser	1.5 - 3 awr
Dringo	410 m



Dosbarth y Llwybr	Du/Caled 
Yn addas i	Beicwyr mynydd profiadol, sy'n gyfarwydd â llwybrau sy'n heriol gorfforol. Beiciau mynydd oddi ar y ffordd o ansawdd da.
Mathau o lwybrau a arwyneb	Fel y 'Coch' ond gyda disgwyliaid o fwy o sialens ac anhawster parhaus. Gall gynnwys unrhyw lwybr defnyddiol yn ogystal ag adrannau o fryniau agored digysgod.
Nodweddion graddiant a thechnegol y llwybr	Disgwylwch ddod ar draws nodweddion llwybr technegol a graddiannau helaeth, caled ac anosgoadwy. Fe fydd adrannau'n heriol ac amrywiol. Yn ogystal gellir cael adrannau 'gwaeredol'.
Lefel ffitrwydd awgrymiedig	Addas i bobl actif sy'n gyfarwydd gydag gweithio'n galed.

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Grade	black/severe
Distance	18.4 km
Time	1.5 - 3 hours
Climb	410 m

Bike Trail Grade	Black/Severe 
Suitable for	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.
Trail & surface types	As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.
Gradients & technical trail features (TTFs)	Expect large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have 'downhill' style sections.
Suggested fitness level	Suitable for very active people used to prolonged effort.

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Hen ffefryn, gyda chymysgedd o lwybrau creigiog, traciau culion llyfn braf, a nodweddion newydd sbondanlli grai i'r dim i feiciau modern.

Byddwch yn carlamu ar greigwely, yn chwysu chwartiau i fyny ac i lawr ellydd geirwon, yn saethu rownd corneli, yn tacio'r llwybrau troellog, yn chwyrtio i'r lawr grisiau, yn gollwng i'r gwagle cyn saethu allan fel cath i gythrel! Llund trol o hwyl sy'n siŵr o roi gwên ar eich wyneb mwdlyd!

Llwybr caled iawn gyda digonedd o giamocs – ydych chi wir yn barod amdani?

This trail is a real favourite; it's got a great mix of classic CyB rocky gnarlyness, fast, flowing singletrack, new and contemporary features and sections to bring it up to date with modern riding styles.

You'll be riding over bedrock, negotiating loose, rocky, climbs and descents, swooping round berms, finding a rhythm over huge rollers, flying down steps, dropping into the 'Cavity' and getting spat out the exit with as much style as you can muster! It's a blast that puts a big grin on your muddy face!

This trail is severe with unavoidable flyoffs and while you can roll down them all, you might want to ask yourself if your skills are up to it.





Canolfan Ymwelwyr Visitor Centre







Dihangfa yn ôl i'r Canolfan Ymwelwyr
Escape route back to the Visitor Centre



Dilynwch y symbol cyfeirbynt hwn er mwyn dychwelyd i'r ganolfan ymwelwyr ar lwybr lefel isel.

Follow this waymarker icon if you need a low level route back to the visitor centre.

Dilynwch @MTBRanger ar Twitter
Follow the @MTBRanger on Twitter

 www.facebook.com/pages/Coed-y-Brenin/136123803074740

Mewn argyfwng, yr ysbyty agosaf yw:
In emergency, the nearest A&E is:

Ysbyty Dolgellau Hospital
Dolgellau
LL40 1NT
01341 422479

-  llwybr MBR
MBR trail
-  trac sengl
singletrack
-  ffordd coedwig
forest road
-  ffordd cyhoeddus
public road
-  postyn lleoliad
waymarker
-  parcio
parking
-  gwybodaeth
information
-  toiledau
toilets
-  mynediad hawdd
easy access
-  caffi
café
-  siop feics
bike shop
-  Y Safon Uchaf
Top of the grade

Cadwch lygad am arwyddion rhybudd "Y Safon Uchaf". Efallai yr hoffech chi gael golwg arnyn nhw cyn mentro.

Look out for these "Top of the grade" warning signs. You might want to inspect these features before you ride them.